



The Healthy Hydration Company™



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PTA.org/HealthyLifestyles

Sugar Sweetened Beverages Lesson Plan

Key Messages

1. Drinking just one sugar sweetened beverage per day often meets or exceeds the daily recommended added sugar limit.
2. Sugar-sweetened beverages provide few or no key nutrients.
3. Water has zero added sugar, so it is a great alternative to sugar-sweetened beverages.

Supplies

- ✓ ½ pound of granulated sugar
 - Use more or less depending on number of added sugar demonstrations.
- ✓ 12 [3-oz clear disposable plastic cups](#)
 - Use more or less depending on number of added sugar demonstrations.
- ✓ 1 measuring teaspoon
- ✓ Table
- ✓ Masking tape
- ✓ Sharpie pen or magic marker
- ✓ Copies of “Healthy Kids Are Sweet Enough” [handout](#)
- ✓ Cuts outs of assorted sugar sweetened beverages (as provided by National PTA)
- ✓ 1 bottle of Nestlé® Pure Life® water

Optional

- ✓ 3 10-pound bags of granulated sugar
- ✓ Prize wheel
- ✓ Small prizes
- ✓ Signs for amount of added sugar in each beverage

Setup Instructions

1. With a measuring teaspoon, fill each 3 oz clear disposable cup with the corresponding amount of granulated sugar added to each beverage option (in advance).

Measurement Guidelines: 4 grams of sugar = 1 teaspoon

- Soda/pop – 12 oz can; 10 tsp (30 grams)
 - 100% orange juice – 10 oz serving; 7 tsp (28 grams)
 - Grape Juice box– 9 oz; 7 tsp (36 grams)
 - Apple juice box – 6 oz box; 5 tsp (19 grams)
 - Lemonade – 12 oz can; 10 tsp (40 grams)
 - Energy drink – 16 oz can; 13.5 tsp (54 grams)
 - Sports drink – 12 oz bottle; 5 tsp (21 grams)
 - Chocolate milk – 8 oz box; 5.5 tsp (22 grams)
2. On each 3 oz clear disposable cup, mark the amount of sugar added on a strip of masking tape (in advance)



1250 North Pitt Street • Alexandria, VA 22314
PTA.org • Info@PTA.org

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Event Instructions:

1. Arrange sugar-filled 3 oz clear disposable cups on the display table from least to most amount of sugar.
2. To the side of the disposable cups, place the cut outs of the assorted sugar added beverages.
3. Read aloud the key messages (above) with participants.
4. Challenge participants to a “guess the added sugar game.”
 - Instruct participants to place the cut outs of the beverages in front of the sugar-filled cup they believe matches the amount of sugar in that beverage.
 - When all beverages are matched with cups of sugar, review and correct the participants guesses
 - Read from the Talking Points for Booth Volunteers to provide some education to participants
 - Let the participant take the water bottle from the game as a take-away

Optional:

- Create a “spin the wheel” game where participants spin the wheel and guess how many teaspoons of sugar are in their favorite beverages.
 - Guess how many pounds of sugar someone who drinks one soda per day would consume in a year. **Answer:** 31 lbs. Use the three 10-pound bags of sugar to visually demonstrate what this looks and feels like.
5. Consider offering small prizes for correct answers.
 6. Provide copies of “Healthy Kids Are Sweet Enough” [handout](#) to each family or participant.